

## Essential oils at a glance – Carnation Absolute

Dr Gillian Hale

### Oil of the month – Carnation Absolute

<b>Name of oil:</b>	Carnation Absolute	<b>Latin name:</b>	<i>Dianthus caryophyllus</i>
<b>Description of plant:</b>	A perennial, low-growing shrub with bright greyish-green foliage and pinkish-purple flowers borne on high stems. Carnation is native to the Mediterranean region, but extensively cultivated worldwide. Most of the oil is produced in Egypt and France	<b>Nature of oil:</b>	A slightly viscous, light amber liquid. The aroma is highly tenacious, rich and honey-like with a hint of clove. The odour effect is warming and intoxicating; a reputed aphrodisiac
<b>Method of oil extraction:</b>	Solvent extraction of the fresh flowers	<b>Blends well with:</b>	Cedarwood, citrus essences, clary sage, coriander, lavender, petigrain, and frankincense. The oils is extremely odoriferous (strong smell), so use sparingly
<b>Specific precautions required:</b>	May irritate sensitive skin, always use in very low concentration		
<b>Aromatherapeutic properties:</b>	Not generally used for aromatherapy (as very expensive)		

Information from: Wildwood C. *Aromatherapy*. Bloomsbury Publishing Plc, 1996.

For more information on essential oils and, specifically, their role in stress management, visit:

<http://www.aromatherapy-stress-relief.com/stressatwork.html>

Dr Gillian Hale is co-founder of [Aromatherapy-stress-relief.com](http://www.aromatherapy-stress-relief.com),

a home based UK business providing Aromatherapy Stress Relief Gifts.